

# Health, Wellness, and Retirement Events Calendar

Sponsored by the Human Resources Benefits Team



Lawrence Berkeley  
National Laboratory



## OCTOBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 <b>Health Services Flu Clinic</b> 8:00 – 12:00, Bldg 26 Call x6266 for appointment	6	7
10	11	12 <b>New Employee Benefits Orientation</b> 10:00 – 12:00 Bldg 90, Rm 2063	13 <b>New Postdoc Benefits Orientation</b> 10:00 – 12:00 Bldg 90, Rm 2063	14 <b>Health Services Flu Clinic</b> 8:00 – 12:00 Bldg 26 Call x6266 for appointment
17 <b>CARE Services Workshop</b> “Stress Management: Instant Relaxation” 11:30 – 12:30 Bldg 2, Rm 100B	18 <b>FIDELITY Workshops:</b> <i>Bldg 54, Rm 130B</i> <i>Perseverance Hall Addition</i> 8:30 “Building a Portfolio” 9:30 “Remaining Confident in a Volatile Market” 10:30 “Savings to Spending” 12:00 Help Desk, <i>Café Lobby</i>	19	20	21 <b>Lab’s 34<sup>th</sup> Runaround</b> Race starts at 12:00 Meet at the Firehouse  <i>11:30 (Bikearound starts)</i>
24	25 <b>FIDELITY Special Event:</b> <i>Quarterly Market Update</i> 12:00 – 1:00 Bldg 50, Auditorium	26 <b>New Employee Benefits Orientation</b> 10:00 – 12:00 Bldg 90, Rm 2063	27 <b>New Postdoc Benefits Orientation</b> 10:00 – 12:00 Bldg 90, Rm 2063	28
31 <b>HEALTH BENEFITS OPEN ENROLLMENT 2012 BEGINS TODAY</b> 12:00 - 1:00 Presentation Bldg 54, Rm 130A Pers Hall				

Enroll online through Employee Self Service: <https://hris.lbl.gov/selfservice/login>. Select *Training Enrollment* from the menu then go to *All Courses* to make a selection.  
For additional information, please contact the HR Benefits Team at (510) 486-6403 or [benefits@lbl.gov](mailto:benefits@lbl.gov)